

Carrifruit Salad (Martin) 10

Number of Servings: 10 (101.25 g per serving)

Amount	Measure	Ingredient
4.00	cup	Carrots, fresh, grated
2 1/2	cup	Pineapple, chunks, cnd, w/juice, drained
1/2	cup	Dressing, mayonnaise, light

Nutrients per serving

Nutrition Facts	
Serving Size (101g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 150%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Peel and shred or grate carrots, drain pineapple (tidbits or crushed work well). Stir in light mayonnaise until nicely blended. Refrigerate.

Storing :

- Store refrigerated at an internal temperature of 40 F.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Serve 1/2 cup/serving.

1/2 c serving = 1 CS